

# Secretary identifies linchpin in Army's Pacific plans

Story and photos by  
**STAFF SGT. SEAN EVERETTE**  
25th Infantry Division Public Affairs

**SCHOFIELD BARRACKS** — Describing the U.S. Army-Pacific and the 25th Infantry Division as a “linchpin” in America’s strategic rebalances to the Pacific, Army Secretary John McHugh said ground forces are key to any success.

“I don’t want people to think that this part of the world is just a sea and air domain,” McHugh said during a visit to Oahu and the 25th ID, April 21. “The United States Army has had a very long and successful presence here, and we’re convinced you have a lot more important work still to do.”

The 25th ID and its subordinate units play a large role in the Pacific as the Army’s only for-

ward deployed infantry division. Across the Pacific, in places like Thailand, the Philippines, Malaysia, Australia, Indonesia and the Republic of Korea, thousands of Army forces are supporting operations to strengthen American partnerships and alliances as part of the Pacific Pathways initiative.

Pacific Pathways is an innovative approach to exercise deployment that links a series of training exercises to create multinational training opportunities with regional partners across a range of missions from security to

humanitarian assistance and disaster relief.

Soldiers from the 25th often guide and execute Pacific Pathways missions, as well as operate unique Army training at the Lightning Academy’s Jungle Operations Training Course.

During his visit, McHugh saw and heard about the division’s capabilities from Soldiers of nearly every rank and position.

“This division is a linchpin in our Pacific plans,” McHugh told the Soldiers. “I’ve been seeing and hearing quite a bit about the important roles you play here, and some of them are very unique. In this part of the world, the

things the 25th ID encounters aren’t necessarily seen elsewhere, and the opportunities for training and partnership are one-of-a-kind.”

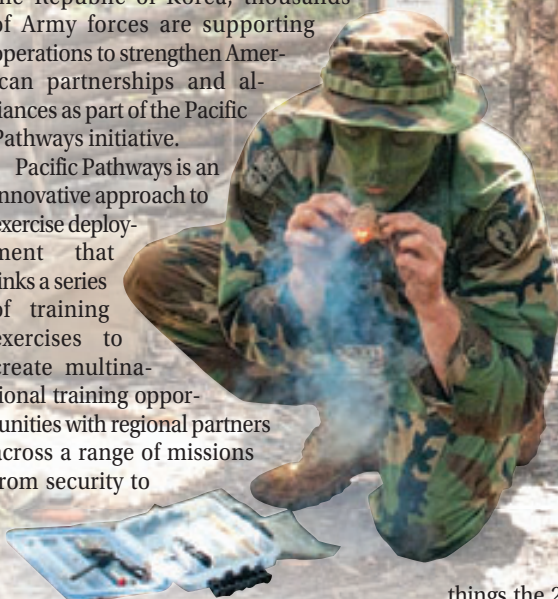
The division’s 2nd Stryker Brigade Combat Team is currently in the Philippines on the final leg of a Pacific Pathways deployment, having recently completed exercises in Thailand and the Republic of Korea.

“As we come back to the Pacific, rebalancing as it’s being called, the mission here is going to be an increasingly important one. You aren’t just doing good stuff in the 25th Infantry Division; you are doing important stuff.”

**Staff Sgt. Jeffrey Parish, 2-35th Inf. Regt., 3rd BCT, 25th ID, demonstrates one of the many fire-starting survival techniques taught at the 25th ID Lightning Academy’s JOTC to Secretary of the Army John McHugh during his visit here, Tuesday. McHugh made the trip to Oahu and the Tropic Lightning Division to get a firsthand look at what he referred to as one of the “linchpins” of the Army’s success in the Pacific region.**



Secretary of the Army John McHugh meets Staff Sgt. David Cornejo of the 25th ID Lightning Academy, after a Jungle Operations Training Course demonstration by the JOTC cadre, Tuesday. McHugh emphasized the division’s importance.



# Comanche Troop, 3-4th Cav., conducts helocast training

Story and photo by  
**SGT. BRIAN C. ERICKSON**  
3rd Brigade Combat Team Public Affairs  
25th Infantry Division

**BELLOWS AIR FORCE TRAINING AREA** — Soldiers assigned to 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, conducted helocast training off the coast, here, April 14.

“This training is to recertify our cast masters and to certify the entire troop in one of our waterborne infiltration techniques,” said 1st Lt. Allen Moss, platoon leader, Troop C, (Comanche Troop), 3-4th Cav. Regt.

In order to be able to do the certification, the Soldiers completed a few tasks in order to prove they were able to handle being in the water, continued Moss.

Troopers had to pass the basic combat water survival test, a 250-meter swim and 15 minutes of treading water.

For most helocast insertions, the aircraft as-

sumes an altitude just above the water’s surface, with an airspeed of 10 knots (11-12 mph) or less. Team members then exit the aircraft and enter the water.

Swimming in the water can be tough, but on this day, the wind and water made it harder, giving even the experienced swimmers a hard time.

“I was struggling out there today with the waves; these were the biggest ones I have had to swim through,” said Spc. Ryan Danielian, Troop C.

Comanche Troop’s mission is unique because it is the only light reconnaissance troop in Hawaii. This creates atypical training opportunities for the troop in air, water and land reconnaissance skill sets. This also creates opportunity for the troop to train with the 25th Combat Aviation Brigade, Lightning Academy and sister services on the island.

“Most people who do this are Special Forces,

See HELO A-3



Troopers from 3-4th Cav. Regt., 3rd BCT, 25th ID, exit a Chinook into rough seas off Windward Oahu during a helocast certification at Bellows Air Force Training Area, April 14.



Command Sgt. Maj. David Yamamoto (left), 9th MSC, shares thoughts on the importance of personal courage to stand up for what is right, being aware and proactive, and looking out for one another, during a SAAPM observance.

## 9th MSC pledges to ‘Take a STAND!’

Story and photos by  
**CAPT. LIANA KIM**  
9th Mission Support Command Public Affairs

**FORT SHAFTER** — Though the day was stormy and gray, the message was clear.

Faces were bright with hope and resolve, and stately palm trees were decked out in royal turquoise bows.

In recognition of Sexual Assault Awareness and Prevention Month, several dozen Army Reserve Soldiers gathered on the parade field, here, with Brig. Gen. John Cardwell and Command Sgt. Maj. David Yamamoto, 9th Mission Support Command team, to Take a STAND! – to be an active part in raising awareness, restoring dignity and protecting fellow defenders, April 11.

“Sexual assault is an insider terrorist threat that we need to abolish from our Army family,”

Cardwell said, holding high a card of staggering statistics that indicates a persistent epidemic to which the military is not immune.

Every two minutes, a person in the United States is sexually assaulted. More than half of those assaults go unreported.

About 44 percent of victims are under 18, many of whom know their attacker.

It is estimated that one in six women and one in 33 men in America will have experienced an attempted or completed rape in their lifetime.

“Most of these harmful events have at least one witness. We must have the personal courage to watch out for each other, talk with those we feel are in danger, talk with their friends, peers and sometimes their superiors to stop this devastating kind of activity,”

See SAAPM A-5

## TAMC cures outbound traffic

**CAPT. JOHN PERNOT**  
7202nd Medical Support Unit

**TRIPLER ARMY MEDICAL CENTER** — In 1998, when the current deputy provost marshal was a fresh out of the box “private” reporting to his first duty station, it was a simpler time, here — at least in regard to driving on and off the installation.

“We actually had two-way traffic,” said James Ingebredtsen, recalling the easy flow of traffic.

It was a time of open gates and roads that were free of lane-blocking, orange cones.

It has been many years since 9-11, and inconvenience in the name of security’s sake is the new and accepted normal. However, when it’s taking 60 to 90 minutes to simply drive out the gates to face the heavy traffic of a densely populated metropolis, inconvenience begets frustration, and then Pandora’s Box is only a brake light away from being opened.

In an effort to increase traffic flow exiting TAMC, the offices of the provost marshal and Directorate of Emergency Services have initiated a traffic pattern change that took effect Jan. 5. They made Krukowski Road – which nor-

mally has two directions of travel – into a two-lane, outbound thruway, allowing twice the number of vehicles to exit TAMC.

This new traffic pattern occurs during peak hours of the expected afternoon exodus: Monday through Friday, 2-5 p.m., excluding federal holidays.

The new initiative has proven to be quite successful. Ingebredtsen believes the traffic flow is as good as it has ever been, estimating the time to exit the TAMC gate at the end of the business day has decreased to about 20 minutes. For some, leaving at the 2 p.m. hour, when the double outbound lane begins, the exit trip could be under five minutes.

“When everybody leaves at the same time, you’re going to have congestion. If sections in the hospital staggered the time of employees’ dismissals, I think we could really see a reduction in the line waiting to get off post,” Ingebredtsen added.

With an estimated 5,000 to 6,000 vehicles going through the TAMC gate, daily, traffic problems seem inevitable.

“We’ll give it a try and see how it works,” said Ingebredtsen.



Jim Guzior, Tripler Army Medical Center Public Affairs

Commuters can now use two lanes to exit TAMC. The newly initiated change saves time for those leaving the installation. Krukowski Road, which normally has two directions of travel, is now a two-lane outbound thruway from 2-5 p.m., Monday-Friday.





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Police Call

# Arrive Alive Awareness keeps USARHAW safe

**COL. DUANE MILLER**  
Director, Emergency Services,  
U.S. Army Garrison-Hawaii, and  
Commander, 8th Military Police Brigade,  
8th Theater Sustainment Command

In its ongoing efforts to safeguard and ensure the safety of our Army Hawaii community, the Directorate of Emergency Services works tirelessly to promote initiatives that reduce instances of unsafe acts.

I'm sure you have already seen our law enforcement professionals out there with the Arrive Alive Awareness Program. The program focuses on those driving infractions that are directly tied to loss of life and safety, and highlighted in the Army Hawaii Traffic Code.

Our Arrive Alive Awareness Program intends to get after those infractions, such as cell phone usage, not wearing seat belts, and the overall safety of the vehicle.

The overall safety of the vehicle includes valid driver's license, insurance, vehicle registration, and an up-to-date

state safety inspection. By addressing these infractions, we remind the members of our community that safety is paramount while operating a motor vehicle on our installations.

It is the responsibility of every person operating a vehicle to ensure they are traveling in a safe and diligent manner.

During an Arrive Alive Awareness event, community members are randomly chosen to move through, and are screened for, their compliance with US-ARHAW policies and regulations. Our professional law enforcement officers ensure that there are no infractions being committed that may be a danger to our community.

Once they have been screened, if any infractions are identified, operators may receive a citation. It is a fast and effi-



Miller

cient process that we know works!

A recent Arrive Alive Awareness operation on Fort Shafter saw 483 vehicles move through for screenings. Of those, only eight citations were issued, ranging from cell phone usage to no proof of insurance.

I want to thank our entire community for doing the right thing when you are out on our streets. I ask that you continue to make sure your vehicle's documentation is up to date, and that you are adhering to the rules of the road. We appreciate your efforts in upholding the excellence and safety of the US-ARHAW community, and we are proud to serve you!

DES

For more information on the services and personnel who support this community, visit [www.garrison.hawaii.army.mil/des/default.htm](http://www.garrison.hawaii.army.mil/des/default.htm).



## POLICE BEAT ROLL-UP

The following occurred on USARHAW installations, March 17-31:

**Fort Derussy**  
1 - Failure to obey

**Helemano Military Reservation**  
1 - Domestic disturbances  
1 - Wrongful damaging of property

**Mendonca Park**  
1 - Duty upon striking

**Schofield Barracks**  
3 - Domestic disturbances  
3 - Wrongful damaging of property  
4 - Duty upon striking  
3 - Assaults

## 5 TSTEPS in FAITH

# Love is better than just tolerance

**CHAPLAIN (CAPT.) MATT MCCRANEY**  
3rd Squadron, 4th Cavalry Regiment  
3rd Brigade Combat Team  
25th Infantry Division

We live in a divided, polarized world: Democrat vs. Republican, religious vs. nonreligious, Mac vs. PC.

Every night on the news, the polarized nature of our society is played out before our eyes as fights erupt, debates ensue and very little is accomplished.

And through it all, we are told that tolerance is the way to go. Everyone just needs to learn a little tolerance.

In my opinion, tolerance is a horrible concept to apply to human beings.

Seriously, stop and think about the word it's derived from, and use it in a sentence related to a human being: "Hey neighbor, I tolerate you."

No, I tolerate going to the dentist. I tolerate standing in line at the DMV. I tolerate romantic comedies. We use the word tolerate most often to describe things we live with that we really hate.

Tolerance suggests that, while we are disgusted by a person with an opposing view, lifestyle or appearance, we must pretend to accept them. Tolerance fails to address the heart of the concern, but rather dresses up an ugly thought about another person. This concept has not alleviated the polarization in our society.

Might I suggest another word that would better suit us in these contentious debates of our time: love.

Love is a verb, not a warm fuzzy feeling. Love is a choice one makes regarding another person.

Why is love a better concept to apply to our debates and disagreements?

Love does not require that we all believe the same thing.

Love does not require us to all look, act or think identically. Love simply demands that we treat each other with respect and as we would like to be treated ourselves.

Love forbids us from demeaning others with ad hominem attacks or ostracizing people for having opposing views.



McCraney

Love allows us to disagree without secretly hating

Love allows for differences in opinion and honest debate, whereas tolerance simply does not.

Love gives us permission to strongly disagree with each other in debate, but does not permit us to secretly hate one another for not seeing things the same way. Love lets us proudly state our deepest-held conviction and strongly disagree with others without poisonous discourse, because we ourselves would not want to be on the receiving end of it.

Let's learn to love those that disagree with us rather than tolerate them. Let's appreciate them for who they are and treat them as we would like to be treated.

Tolerance has not really moved the ball forward. It's time for a different strategy.

(Note: Proudly written by a Mac-user on a PC.)

## TAKING A STAND!



Photo by U.S. Army Garrison-Hawaii Public Affairs

**SCHOFIELD BARRACKS**—Flanked by their brigade leaders and the U.S. Army-Hawaii senior commander, Maj. Gen. Charles Flynn (third from left), four USARHAW Soldiers and a spouse are recognized, Friday, for "Taking a STAND!" against domestic violence, sexual assault and drunk driving.

Beginning fourth from the left, Kallayan Bouie and her husband, Sgt. Kenneth Bouie, Company H, 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Inf. Division, intervened when they heard an intoxicated Soldier strangling his wife while holding a knife against her throat. They interrupted the assault and continued on to cooperate with the Military Police to prosecute the aggressor.

Pfc. Courtney Gross, 558th Military Police Co., 728th MP Bn., 8th MP Bde., 8th Theater Sustainment Command, noticed a downward spiral in her friend's mood and engaged her, learning she'd been sexually assaulted a few days before. She helped her to get the support she needed, leading to her reporting the assault to her chain of command.

Spc. James Finch and Spc. Albert Morin, 58th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, made the community safer by volunteering to provide intoxicated drivers a ride home.

Q: Why does the Hawaii Army Weekly publish courts-martial findings?

A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

# Courts-martial results posted

25th Infantry Division  
•A sergeant in Headquarters and Headquarters Company, 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, was found guilty of one specification of child endangerment. He was sentenced to be reduced to the grade of E-1; to forfeit \$1,031 pay, per month, for 12 months; to be confined for one year; and to be discharged from the service with a bad conduct discharge.

•A private first class in Co. B, 225th Bde. Support Bn., 2nd Stryker BCT, was found guilty of two specifications of rape. He was sentenced to be reduced to the grade of E-1, to forfeit all pay and allowances, to be confined for 9 years, and to be discharged from the service with a dishonorable discharge.

**Federal Convictions.** In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, a Soldier will also have a federal conviction that the Soldier must report when filling out a job application. A federal conviction strips a Soldier of many rights, such as the right to purchase and maintain firearms and voting.



# Voices of Ohana

In support of National Child Abuse Prevention Month,  
How can we make the world safer for children?  
Photos by 9th Mission Support Command



"The military makes me safe. More police officers keep people safe. Don't talk to strangers."  
**Derrica Campbell**  
2nd grader, daughter of Sgt. 1st Class Derrick Campbell



"Watch them closely. Be more of a parent, less of a friend."  
**Sgt. 1st Class Derrick Campbell**  
Food Service NCOIC, Theater Support Group



"Be good parents."  
**Sgt. Rene Castro**  
Instructor, 4960th General Studies Detachment



"By looking out for each other and treating each other as if we are all one big ohana."  
**Capt. Mary Kennedy**  
Safety officer, 9th Mission Support Command



"Education and awareness."  
**Staff Sgt. Robert Villalpando**  
Instructor, 4960th General Studies Detachment



# Pacific Army Reserve dedicates campus to Inouye

**CAPT. LIANA KIM**  
9th Mission Support Command Public Affairs

FORT SHAFTER — In honor of a patriotic and selfless citizen Soldier, the first U.S. senator of Japanese descent and the highest-ranking Asian-American statesman in American history, Soldiers, veterans, families and friends of the 9th

Mission Support Command, Pacific Army Reserve, gathered to celebrate history and tour the U.S. Army Reserve Daniel K. Inouye Complex during a dedication and ground breaking ceremony, here, Tuesday.

As the 25th Infantry Division Band’s harmonious renditions of service medleys soared with Oahu’s strong spring breeze, Irene Inouye, widow of Daniel K. Inouye, Hawaii’s longest serving senator, helped unveil the sign of the Army Reserve’s newest complex before more than 200 guests, including some of the Army’s oldest and most celebrated heroes.

The ceremony took place on the 70th anniversary of young 2nd Lt. Inouye’s valorous actions that led to his receiving the Distinguished Service Cross, later elevated to the Medal of Honor. A second generation Japanese-American from Honolulu, Inouye volunteered to be a part of the Ni-

sei (Japanese for Second Generation), 442nd Regt. Combat Team, and fought in World War II.

“This day is a special day and was always a day that my husband acknowledged because it was the day that changed his life,” said Irene Inouye, presenting a lei to the complex’s new sign.

“He thought it was amazing that someone declared as an enemy alien would be able to serve in Senate, and that this could only happen in a place like the United States of America,” she continued.

“He was proud to be an American and proud to serve his country, and if he was here today, he would thank the men and women currently serving in the Reserve for their service to our country,” she concluded.

“For all that Sen. Inouye did for the U.S. Army Reserve, and specifically for the 442nd, it is only fitting that this complex is dedicated to him,” said Brig. Gen. John E. Cardwell, commander, 9th MSC, who officiated the event.

Other guests of honor included Secretary of the Army John M. McHugh, Walt Kaneakua, (Inouye’s military liaison of many years and now Honolulu’s district director for Rep. Tulsi Gabbard), and Hawaii Governor David Ige, whose father served in the “Go for Broke” 100th Infantry



Liana Kim, 9th Mission Command Public Affairs

**Irene Inouye, widow of Hawaii’s late Sen. Daniel K. Inouye, visits with “Go for Broke” veteran Ronald Oba, who served in Co. F, 442nd Inf. Soldiers currently serving in the battalion actively support the “Go for Broke” veterans.**



Brian Melanephy, 9th Mission Support Command Public Affairs

**Sgt. 1st Class Zachary Zuehlsdorf of the 100th Inf. Bn., 442nd Inf. Regt., 9th MSC, escorts Irene Inouye to the 9th MSC’s groundbreaking ceremony to dedicate the Pacific Army Reserve campus as the U.S. Army Reserve Daniel K. Inouye Complex, Tuesday. Following (from right) are the other members of the official party, including Hawaii Gov. David Ige and Secretary of the Army John M. McHugh.**

Battalion, 442nd RCT during World War II.

Immediately following the sign’s unveiling, Irene Inouye, McHugh, Ige, Cardwell and Kaneakua dug the first three shovels of soil, marking the start of construction of a Memorial Park, Wall of Heroes and Japanese Garden to be completed, incrementally, by 2018.

The 100th Inf. Bn. is the only infantry battalion in the Army Reserve. During World War II, it was assigned to the 442nd Inf. Regt., which saw heavy combat and carries a very distinguished legacy. The 100th Bn. also recently deployed to Iraq and Kuwait, continuing its legacy of excellence during wartime and peacetime service. The battalion consists of citizen-Soldiers of the Army Reserve from Hawaii, American Samoa, Saipan and Guam.

“He soldiered with his team in combat and in peace. These Soldiers (of the 442nd) represented the best despite the harsh treatment of their nation,” said Kaneakua.

The legacy of Inouye, of the 100th Inf. Bn., and of all Army Reserve Soldiers throughout the Pacific will be memorialized in this Army Reserve complex that will continue to serve as the headquarters for the 9th MSC, the most ethnically diverse and geographically dispersed com-

“He was proud to be an American and proud to serve his country”

— Irene Inouye  
Widow of Hawaii’s late Senator Daniel K. Inouye

mand within the Army Reserve.

“This event is not only about Sen. Inouye and his service and the legacy of the 100th ‘Go for Broke’ battalion, it is also about you, citizen-Soldiers of the U.S. Army Reserve, our ‘Pride of the Pacific,’” said Jon Lee, civilian deputy, management and support, 9th MSC.

Lee, who also serves as a brigadier general in the Army Reserve and previously commanded the 100th Inf. Bn., spending 18 years of his career within the storied unit, concluded, “It is also creating a legacy for our surviving veterans of the 442nd Inf. Regt., and all our brothers and sisters in arms whom we have lost, from the past to the present.”

## WTB-Hawaii improves care 4,000 miles away

**1ST LT. BRE BOSWELLS**  
Tripler Army Medical Center

SCHOFIELD BARRACKS — Members of the Warrior Transition Battalion (WTB) cadre and staff recently traveled to Guam for a semiannual remote care visit.

The trip proved to be productive for all involved in the engagement.

The WTB’s main priorities that drove the mission centered on continued care for attached Soldiers. Its main focus was on resources, and access to those resources, for Soldiers in the Guam remote care program.

Members of the WTB met with the Guam Naval Hospital command group to discuss the Guam remote program and the need to establish more behavioral health and medical resources to meet the needs of Soldiers in transition (ST) in Guam.

Together they were able to compile a roster for direct contact with the hospital chain of command, patient administration and department heads for each specialty.

“The progress we made will allow for smoother transition for STs in the remote care program,” said Capt. Renae Lauterbach, WTB nurse case manager. “The Guam remote care platoon and the Guam Naval Hospital command are extremely supportive of the mission of the WTB and getting the Guam STs the best care possible.”



Photo by Warrior Transition Battalion Public Affairs

**A panel of medical specialists, administrators and social workers from the Warrior Transition Battalion conduct a sensing session to discuss issues concerning the care of Soldiers in Transition in Guam. On the panel, from left to right, are Staff Sgt. Alicia Andrews, Guam National Guard Remote Care Platoon sergeant; Sgt. Chantal Yadao, SL/training NCO; Capt. Christopher Phillips, WTB HHC company commander; Capt. Renae Lauterbach, WTB nurse case manager; Donna Gatewood, WTB social worker; and Sherri Camacho, WTB occupational therapist.**

Additionally, cadre were able to work with 1st Lt. Michael Taman, platoon leader, Guam Remote Care, to complete the Pacific Regional Medical Command’s top 13 training priorities, and to inspect all administrative items to ensure compliance with Warrior Transition command guidance.

“It’s important to be on ground and observe the operations, medical care and the unique challenges they are facing,” said Staff Sgt. Alicia Andrews, platoon sergeant, Guam Remote Care.

Over the past eight months, the program has successfully transitioned 88 percent of the Soldiers selected to participate in the Guam Remote Care platoon. It provides an opportunity for Soldiers to transition closer to their families, which assists in the reintegration process.

The program will continue to remain one of the top priorities for WTB due to the impact it has on the ST’s ability to heal, and the additional value of the ST being located in Guam where families can be incorporated in the healing and transition plan.

## Helo: Troop certifies 64

CONTINUED FROM A-1

the Ranger battalions, Navy SEALs and Force Recon from the Marines, so for us to be able to do this is quite an accomplishment,” said Staff Sgt. Matthew Deagle, castmaster, Troop C.

Through the wind and the waves, at the end of the day, Comanche Troop certified 64 Soldiers, including nine castmasters being recertified.

Helocasting is usually used by small units and Special Operations to insert forces into a military operation when the only insertion point is by water.

“This capability is unique to C Troop, and I am confident that our troopers are ready to respond whenever they are called upon,” said Lt. Col. Daniel Mark, commander, 3-4th Cav. Regt.





Sgt. 1st Class Rena D. Wilson, security and intelligence staff NCOIC, Headquarters Operations Company, 715th MI Bn., lights a candle in remembrance of those who gave the ultimate sacrifice as part of the battalion’s dining-in.

# 715th MI has tactical dining-in

Story and photos by  
**STAFF SGT. THOMAS G. COLLINS**  
500th Military Intelligence Brigade Public Affairs

WHEELER ARMY AIRFIELD — The mood was relaxed and jovial as members of the 715th Military Intelligence Battalion, 500th MI Brigade, gathered, here, March 27, to honor an Army tradition steeped in history.

The dining-in is traditionally a formal dinner function for members of a military organization or unit, and it provides an occasion for unit members and their guests to gather together in an atmosphere of camaraderie, good fellowship, fun and social rapport.

“This was my first dining-in,” said Spc. Jessica M. McNamara, signals intelligence analyst, Company C. “The unit came together and I got to see the officers and senior enlisted be themselves outside of work and see them for who they are as a person.”

It is important to emphasize that a dining-in celebrates the unique bond or cohesion that has held military units together in battle.

“I think it is important to learn and understand the traditions in the Army because we are in the Army,” said McNamara. “You should know what the Army is about, how it was formed and how the traditions came about.”

The U.S. Military Academy at West Point guide defines a military dining-in:

*“The custom of the ‘Dining-In’ can be traced to an old Viking tradition of*

*celebrating their victorious battles and collective feats of heroism with a formal feasting ceremony. It is believed that this tradition later spread to England – possibly carried there with the Norman invasions. The tradition was further passed with the establishment of the Officer’s Mess in British military units. World Wars I and II brought the American and British military close together and exposed U. S. officers to this ancient tradition of the dining-in. Quickly seeing its benefits for the units, we adopted it as our own, and to-day cadets, officers and noncommissioned officers in the American Army regularly hold dining-ins.”*

Traditions and the history behind them reinforce unit cohesion.

“I thought it was an excellent opportunity to build both esprit de corps and develop unit cohesion,” said Spc. Jason P. Gore, a native of Princeton, West Virginia, and a signals intelligence analyst, Co. D. “It develops personal and professional relationships with members throughout the unit.”

“At the core of this battalion is the value of trust built on relationships,” said Lt. Col. Harry D. Hung, commander, 715th MI Bn. “This evening reinforced that bond by bringing all of us together with great conversations, hilarious outtakes, memorable skits and abundant humor.”



Sgt. Eunmi Kiyoshi, language analyst, Company B, 715th MI Bn., 500th MI Bde., along with other members of the color guard, render honors to the colors during the battalion’s dining-in, March 27, at Wheeler Army Airfield.

# 205th MI hosts SHARP awareness stand-down

**STAFF SGT. THOMAS G. COLLINS**  
500th Military Intelligence Brigade Public Affairs

FORT SHAFTER — The “Pacific Vigilant” battalion held a SHARP Stand-Down Day in recognition of Sexual Assault Awareness and Prevention Month, here, April 9.

The 205th Military Intelligence Battalion, 500th MI Brigade, participated in a full day of activities dedicated to training, awareness and discussion of SHARP-related topics.

“We started things off in Richardson Theater with a quiz, testing everyone’s knowledge of reporting procedures, and followed that up with briefings by CID (U.S. Army Criminal Investigation Command) and a representative from the Special Victims Counsel (SVC),” said Lt. Col. Heidi A. Urben, commander, 205th MI Bn.

Bringing in outside agencies added depth to the training provided.

“Our Soldiers walked away with a better understanding of the various categories of sexual assault offenses under Article 120 (of the Uniformed Code of Military Justice), the scope of sexual assault crimes here in U.S. Army-Hawaii, and CID’s role in investigating them,” said Urben. “Our Soldiers also have a better understanding of what ‘founded’ versus ‘unfounded’ versus ‘insufficient evidence’ means.”

In addition to CID, Capt. Sean Mahoney, trial counsel, 8th Theater Sustainment Command, defined the role of the SVC in a briefing.

“I never knew that something like the SVC existed,” said Spc. Patric A. Swindell, human intelligence collector, Company C. “It’s good to know organizations like that exist and where to find them.”

Following the quiz, the CID briefing and the SVC presentation, the Soldiers’ knowledge was put to the test.

“The training culminated with a (simulated training exercise) lane led by unit victim advocates and company-level SHARP advisers who guided teams through a scenario that tested how the Soldiers would react to a battle buddy divulging a sexual assault report to them,” said Urben. “From physically seeking out the victim advocate to finding the chaplain or contacting Tripler Army Medical Center, the scenario challenged the Soldiers to walk through what could happen in a real sexual assault case in which a battle buddy sought their help.”

After going through the scenario, the Soldiers left better prepared.

“Actually visiting the victim advocate’s office and talking to representatives from different support organizations, trained SHARP concepts in a more meaningful way,” said Spc. Cedric B. Owens, human intelligence collector, Co. C. “I think I am better prepared to actually advise a victim, if I am ever in a po-



Photos courtesy of 205th Military Intelligence Battalion

Lt. Col. Heidi A. Urben (left), commander, 205th MI Bn., recognizes Spc. Arielle M. Vega, Co. A, 205th MI Bn., for her knowledge of reporting procedures and resources during the SHARP stand-down, April 9.



Sgt. 1st Class Matthew A. Jones (right), a company-level SHARP advocate, 205th MI Bn., explains unrestricted and restricted reports that a unit victim advocate completes as part of the SHARP stand-down day.



Sgt. 1st Class Michelle L. King-Sykes, unit victim advocate, 715th MI Bn, delivers the simulated training exercise lane scenario to a group of junior Soldiers as part of the 205th MI Bn., SHARP stand-down day, April 9.

sition to do so.”

Leaving Soldiers better prepared and with a better understanding of sexual assault is what this training was all about.

“I think this was a worthwhile event that has improved our Soldiers’ understanding and awareness when it comes to sexual assault,” Urben concluded.



# Expedited transfers have 72 hours toward action

April is SAAPM, so “Eliminate Sexual Assault-Know Your Part, Do Your Part”

**LISA CHARLES**  
SHARP Program Manager  
U.S. Army-Hawaii

SCHOFIELD BARRACKS — Often, victims of sexual assault find returning to their work areas a challenge after reporting a sexual assault, particularly when the alleged offender is in the same unit or has regular contact with the victim’s unit.

Other victims feel isolated, being so far away from their support system, so returning to an installation near their families or friends will be the only way they can start the healing process.

There are many ways victims of sexual assault can start the healing process as they journey from victim to survivor. An “expedited transfer” or “reassignment” is one of them.

Expedited transfers and reassignments are available to Soldiers who opt to file an unrestricted report of sexual assault.

Expedited transfers and reassignments can be a temporary or permanent move to a unit within the same battalion or brigade, to a unit within the same division, to a unit on the same installation or to a unit at a dif-

ferent geographic location. It is offered in the early stages of the report of sexual assault and doesn’t have to be accepted immediately by the SHARP client.

Once a SHARP client has requested an expedited transfer, however, the commander (O-5 or higher) has 72 hours to approve or deny the expedited transfer or reassignment request. If the Soldier’s expedited transfer is denied by the Soldier’s commander, the documentation must be forwarded to the first general officer in the Soldier’s chain of command who can override the decision or concur with the denial. Human Resources Command, however, is the final authority.

Primarily, upon knowledge of a sexual assault report, commands must ensure the physical safety of the SHARP client. That being said, the expedited transfer is not intended to address immediate safety concerns.

If a SHARP client feels unsafe, or if the alleged offender works nearby, or if the command sees indicators of retaliation – to include unit polarization, peer/supervisor reprisal or victim ostracism – the command must address these matters immediately and create an environment where a SHARP client feels safe.

An alternative for commanders is



to move the alleged offender, instead of the SHARP client, to a different work area. Some SHARP clients prefer to maintain some semblance of normalcy, so moving them after a traumatic event can create more trauma, as they have to adapt to a new environment.

When asked about moving to a different work location, many SHARP clients have asked, “Why should I move? I didn’t do anything wrong.”

While the command may have good intentions when moving a SHARP client to a different workspace, it may not always be in the client’s best interest. When in doubt, ask the client if he or she wants to move.

While Soldiers are able to list their preferred locations in an expedited transfer request, those locations are not always guaranteed. Decisions will be made at the HRC level and will take the best interests of the Army and the SHARP client into account when making the decision. HRC will do its best to get as close as possible to those locations, but nothing is guaranteed.

Additionally, Soldiers must be willing to extend or re-enlist to meet service requirements if expedited transfer to a different geographic location is approved. Commanders should consult their supporting staff judge advocate and other legal advisers for advice during the approval or disapproval process.

Contact the USARHAW SHARP office or your brigade SARC if you have any questions about the SHARP program, expedited transfers and reassignments.

# SAAPM: Ribbons authorized

CONTINUED FROM A-1

Yamamoto said.

“Soldiers taking an active role and helping to change the culture is critical to ending sexual assault and harassment,” said Sylvia Moreno, 9th MSC SHARP program manager and Sexual Assault Response Coordinator, and event organizer. “We held today’s event especially for our Army Reserve Soldiers, so they could take part during their monthly battle assembly.”

Attendees hanged large teal ribbons to the palm tree lining the parade field to remind passersby of a silent, yet very real, threat. Moreno said the physical act of tying a ribbon helps those involved make the mental and emotional connection that they have a responsibility to know and do their part to eliminate sexual assault.

“These statistics aren’t just numbers; they represent people – men and women, our brothers and sisters – who are negatively impacted by these unthinkable acts,” Moreno said of the fact card stickers the Soldiers were asked to read and place on the ribbons.

“We need you to Take a STAND! – not only today and throughout the month of April, but every day throughout the year,” Cardwell said.

He and his battle buddy Yamamoto hung the first teal ribbon on a nearby tree. Teal is the designated color to represent Sexual Assault Awareness.

“It is my hope that the Soldiers who volunteered to place the ribbons and who took a pledge will go back to their units and spread the message that sexual assault will not be tolerated in our Army,” Moreno

said. “I pray that this message will echo through the ranks and prevent these terrible acts from ever occurring.”

To pledge their intent to take action, Soldiers signed their names on a large cloth banner, and pinned small

teal ribbons to their uniforms to help spread awareness of the importance of being vigilant and looking out for one another. The ribbons are authorized for wear on the Army Combat Uniform during April.

The banner will be displayed on the Army Reserve campus with a quilt that Lt. Col. Paula Iannello, 9th MSC policy and program officer, volunteered to make, complete with the SHARP logo.

“This was our second event. The first was held during the week for our full-time staff. Our guest speaker was a military family member and sexual assault survivor,” Moreno said. “The commander signed an official proclamation, and we cut a cake to celebrate our proactive approach to improving our military culture.”

Observed in April, SAAPM is a national campaign to raise public awareness about sexual assault and educate communities on how to prevent sexual violence. The campaign is coordinated by the National Sexual Violence Resource Center.



**Capt. Mary Kennedy and Capt. Debbie Eddin, 9th MSC, tie a teal ribbon to a palm tree along the Army Reserve parade field during the SAAPM observance, April 11.**

## SHARP Hotline

The Army’s Sexual Harassment/Assault Response and Prevention program exists to prevent sexual harassment and sexual assaults before they occur.

To reach the U.S. Army-Hawaii SHARP 24-hour hotline, where credentialed personnel can provide immediate assistance, call 655-9474 or visit the USARHAW SHARP Resource

Center, Bldg. 692, 3585 McCormack Road, Schofield Barracks.

To reach the 24/7 DOD Safe Helpline, call toll free to 877-995-5247.



## 9th MSC SHARP

For information or to get involved and support the 9th MSC SHARP program and events, call the 9th MSC SHARP program manager and SARC at 438-1600, ext. 3372.

## USARHAW SHARP

The U.S. Army-Hawaii SHARP Resource Center is at 3585 McCormack Road, Schofield Barracks, Bldg. 692. Call the SHARP hotline at 655-9474.



FELLOWS GRADUATION



Aiko Rose Brum, U.S. Army Garrison-Hawaii Public Affairs

**SCHOFIELD BARRACKS** — U.S. Army Garrison-Hawaii’s Fellows Class 4 gathers for remembrance photos after their graduation, Wednesday, at the Installation Training Center, here. Pictured are (left to right) Command Sgt. Maj. Louis Felicioni, garrison senior enlisted adviser; Col. Richard Fromm, garrison commander; the Fellows – Christina Abelardo, Lisa Graham (who received the Distinguished Leadership Award), Chuhui Godaire, Shyla Grubb and Kayla Overton; and Michael Amarosa, deputy to the garrison commander.



Traffic Report lists roadwork, construction, water or power outages, and noise advisories from the Army and the Hawaii Department of Transportation (HDOT). Visit [www.garrison.hawaii.army.mil/info/trafficcalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficcalendar.htm). Unless specified, all area codes are 808.

Today

**Airdrome Road** — There will be a one-lane closure on Airdrome Road, Wheeler Army Airfield, from the Hangar 1020 area to the Sewer Treatment Plant, for utility installation work, 8 a.m.-3:30 p.m., through April 24. Both lanes will be open to traffic after 3:30 p.m.

25 / Saturday

**Cadet Sheridan** — There will be a

partial road closure on Cadet Sheridan Road from the north side of Elou Street to the south side of Trimble Road. Work will be performed weekdays, 8:30 a.m.-to 3:30 p.m., through May 18. (Weekend work, if necessary, takes place 9 a.m.-5 p.m.)

Traffic will be detoured, as necessary, to any local traffic needing access to Elou Street.

During construction, northbound traffic from Kolekole Avenue to Cadet Sheridan will be detoured through Pule’e Street to Trimble Road, as necessary. South bound traffic at the Trimble Road and Cadet Sheridan Road intersection will be detoured through Hewitt Street to Kolekole Avenue, as necessary.

27 / Monday

**AMR Outage 3** — The following buildings will experience the third power outage for April at Aliamanu Military Reservation, 8 a.m.-2 p.m.: Red Hill Makai, Point Welcome, Blackthorn and units 1901, 1903, 1905, 1801, 1803, 1805, 1851, 1853, 1855, 1857, 1858, 1859, 1860, 1861, 1862 and 1863.

**Lilienthal Closures** — There will be full road closures on Wheeler Army Airfield’s Lilienthal Road in the housing area. The road closures will be performed in two remaining phases, with each phase closing the road section 24/7 for the days listed:

- Step 3, April 27-May 1, and;
- Step 4, May 4-8.

28 / Tuesday

**AMR Outage 4** — Buildings without power, 8 a.m.-2 p.m., in Aliamanu, will be Red Hill Mauka, Eagle, Bear Circle and Tampa Drive units 1302, 1303,1305, 1308, 1309, 1316, 1320, 1324, 1400, 1403, 1404, 1407, 1408, 1421, 1424, 1680, 1691, 1692, 1693, 1696, 1697, 1698, 1699.

May 7 / Thursday

**Schofield Closures** — There will be a weekday road closure, 8:30 a.m.-5 p.m., at Menoher Road, Schofield Barracks, from today until May 22, and one-lane will close at McMahon Road, May 26-29.



Send announcement for Soldiers and civilian employees to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com).

Today

**205th MI CSM** — The 205th Military Intelligence Battalion, 500th MI Brigade, will hold a change of responsibility ceremony, today. Command Sgt. Maj. David E. Brasher will accept authority from Command Sgt. Maj. Alexander W. Lashendock at 10 a.m. at Palm Circle, Fort Shafter.

**ARC App** — The American Red Cross has announced the release of its new Emergency App which gives people instant access to weather alerts, life-saving information and ways to contact family and friends in one free, easy-to-use app for mobile devices. It’s available in app stores for smartphones and tablets by searching for the American Red Cross or by going to [redcross.org/apps](http://redcross.org/apps).

**Resiliency** — On Tuesday, four federal agencies announced collaborative landscape partnerships across the country to conserve/restore important lands and waters and make them more resilient to a changing climate.

In Hawaii, projects improving coastal reef resilience are a major priority. Involving robust community engagement and multi-sector partnerships, projects will rely on climate vulnerability data and tools to inform decisions.

**Homeless** — The City and County of Honolulu note that that the number of homeless individuals on Oahu is 4,903, a 4 percent (191) increase over 2014; the percentage of unsheltered is 40 percent (1,939), the highest percentage since these data were collected in 2009. The percentage of those who were sheltered is 60 percent (2,964), the lowest percentage since 2009.

Of the 191 additional homeless individuals counted on Oahu this year, 43 percent (82)

are veterans. The number of homeless veterans on Oahu was 467, a 21 percent increase over 2014. The percentage of those veterans who were unsheltered was 49 percent (227), and the percentage of those sheltered was 51 percent (240). This increase is being met by additional funding and technical support from the VA and HUD, and by improved community collaboration to end veteran homelessness by the end of the year.

Visit <http://humanservices.hawaii.gov/bessd/home/hp/>.

**AFSP Dinner** — The American Foundation for Suicide Prevention, Hawai’i Chapter, will host its 2nd Party for Prevention, a dinner/silent auction/awareness event, 5-9 p.m., at the Elks Lodge, Waikiki.

Every other day in the State of Hawai’i an individual dies by suicide, and 6 to 10 survivors are left in the aftermath. Events like this one are an important time for us to spread the word and gather support.

Call 255-8968 or 271-8582, or visit [afsp.donordrive.com/event/HI](http://afsp.donordrive.com/event/HI) or its Facebook page at [www.facebook.com/AFSPHawaii](http://www.facebook.com/AFSPHawaii).

29 / Wednesday

**Denim Day** — Personnel are encouraged to wear denim jeans and their “Take A STAND!” T-shirt on April 29 to support Sexual Assault Awareness and Prevention Month.

Visit [www.sapr.mil](http://www.sapr.mil) or [www.sexualassault.army.mil](http://www.sexualassault.army.mil) for more details.

30 / Thursday

**PrepareAthon** — America’s PrepareAthon builds on the FEMA Ready Program Visit [www.chcoc.gov/transmittals/TransmittalDetails.aspx?TransmittalID=6694](http://www.chcoc.gov/transmittals/TransmittalDetails.aspx?TransmittalID=6694) and [www.ready.gov/](http://www.ready.gov/).



ARMY AVIATION WEEK



Photo by Capt. Heba Bullock, 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

**WHEELER ARMY AIRFIELD—The 25th Combat Aviation Brigade, 25th Infantry Division, kicks off Army Aviation Week, Monday, with a brigade run, here. In line with 25th CAB tradition, the brigade ran through the “bird bath” used to wash Army aircraft.**

# DPW releases USAG-HI water quality reports

Find your water quality in one of four garrison reports

**ENVIRONMENTAL DIVISION**  
Directorate of Public Works  
U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — Annual water quality reports for U.S. Army Garrison-Hawaii water systems are now available for review. The USAG-HI Directorate of Public Works operates four water systems: Aliamanu Military Reservation, Fort Shafter, Schofield Barracks and Tripler Army Medical Center.

The Aliamanu report includes both the AMR and Red Hill Housing areas; the Schofield report includes Schofield Barracks, Wheeler Army Air-

field and Helemano Military Reservation. Since 1999, the Environmental Protection Agency has required public water suppliers to provide annual water quality reports to their water users. These reports are designed to educate the public on the origin of drinking water and provide water quality information for the previous year. In Hawaii, the primary drinking water supply comes from underground aquifers fed by rainfall. Naturally occurring minerals, radioactive material and other substances resulting from animal or human activity may be dissolved by the rainfall and percolate into the aquifers.

The EPA sets limits on the amount of such contaminants present in drinking water, and DPW monitors the drinking water to help ensure

**Reports**

If you have any questions about the water reports or would like to request a hard copy, call DPW Environmental Division at 656-7221 or 656-2878. The USAG-HI Sustainability and Environmental Management Annual Water Quality Reports are online. Find your community link below:

- Aliamanu Military Reservation at [www.garrison.hawaii.army.mil/sustainability/Documents/DW/AMR.pdf](http://www.garrison.hawaii.army.mil/sustainability/Documents/DW/AMR.pdf).

- Fort Shafter at [www.garrison.hawaii.army.mil/sustainability/Documents/DW/FS.pdf](http://www.garrison.hawaii.army.mil/sustainability/Documents/DW/FS.pdf).
- Schofield Barracks at [www.garrison.hawaii.army.mil/sustainability/Documents/DW/SB.pdf](http://www.garrison.hawaii.army.mil/sustainability/Documents/DW/SB.pdf).
- Tripler Army Medical Center at [www.garrison.hawaii.army.mil/sustainability/Documents/DW/TAMC.pdf](http://www.garrison.hawaii.army.mil/sustainability/Documents/DW/TAMC.pdf).



that no contaminant level is exceeded. DPW works hard to provide Army Soldiers, families and employees with the highest water

quality possible. DPW encourages residents and workers to look at the report for the installation where they live and/or work.





FRIDAY, April 24, 2015

"When work is finished."

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A Soldier from the 25th ID oversees a group of JROTC cadets during a run along Pokai Bay during the JROTC Adventure Challenge.



Soldiers assigned to 1-21st Inf. Regt., 2nd SBCT, 25th ID, help to evaluate cadets during the JROTC Waianae Adventure Challenge at the Pihilaau Army Recreation Center and Albert Silva Ranch in Waianae. More than 30 schools from all over the island competed.

# Warrior Brigade aids JROTC 'Adventure Challenge'

Story and photos by  
**STAFF SGT. CARLOS DAVIS**  
2nd Stryker Brigade Combat Team Public Affairs  
25th Infantry Division

**W**AIANAЕ — Soldiers assigned to 25th Infantry Division volunteered to assist with the evaluation process during the annual Junior Reserve Officers Training Corps (JROTC) Waianae Adventure Challenge (WAC) at Pihilaau Army Recreation Center and Albert Silva Ranch, here, April 17-19.

More than 30 schools from all over Hawaii participated in the challenge and competed in events, such as water crossing, swimming, a physical fitness test, rope bridging, rappelling, outrigger canoe paddling and other demanding challenges.

"This is pretty much their Super Bowl," said Buena Vista, Georgia, native Pvt. Jesse Barnes, an infantryman assigned to Company A, 1st Battalion, 21st Inf. Regiment, 2nd Stryker Brigade Combat Team. "Our main job is to en-

**"O**ur mission is to make these young kids into better citizens. ... To prepare them for life ... We want these kids to succeed ..."

— Retired Army Maj. Cory Marlowe  
Senior Army instructor for President William McKinley High School in Honolulu

sure the cadets are being safe and using all safety measures while they compete in the events."

For over a decade, the relationship between the Warrior Brigade and the Waianae High School and Intermediate School has blossomed into a special partnership.



Soldiers from the 3-7th FA Regt., 3rd BCT, 25th ID, help prepare a JROTC cadet for the swimming physical fitness test during the JROTC Adventure Challenge at Pokai Bay on April 18. Cadets were tested in various disciplines including water crossing, a swimming physical fitness test, rope bridging, rappelling, and outrigger canoe paddling during the annual three-day training event.

"We (1-21st Inf. Regt.) try to participate in at least one event per quarter," said 1st Lt. Gregory Thomas, the 1-21st Inf. Regt. signal officer and battalion community event coordinator. "We are looking to build lasting connections with our partner schools by improving our outreach program."

#### Showing the way

The Warrior Brigade Soldiers strive to become great ambassadors for the U.S. As well, the motto for the JROTC school programs is building better citizens in the community.

"Our mission is to make these young kids into better citizens," said retired Army Maj. Cory Marlowe, a native of Eugene, Oregon, and the senior Army instructor for President William McKinley High School in Honolulu.

"Our main objective is to prepare them for life. ... It's through physical fitness or teaching them the importance of working, going to col-

lege or attending a trade school. We want the best for these kids; we want these kids to succeed while they are here and when they graduate from high school."

Even though the volunteers and instructors cannot openly recruit the cadets to join the Army, more than 10 percent still enlist in the military and serve their country after completing high school.

"The JROTC program and the U.S. Army are built around the same structure, so once I graduate from high school, I plan on making a career in the military," said Ederest Rest, from Tallahassee, Florida, a student at McKinley High School. "Being part of the JROTC program for the past two years has allowed me to see firsthand how it turns kids into better citizens and teaches them how a motivated person will be successful in life."



JROTC cadets perform the 100-meter crab walk as part of the cannel-crossing event during the JROTC Waianae Adventure Challenge at the Pihilaau Army Recreation Center in Waianae.



A Soldier from the 25th ID evaluates a JROTC cadet during the JROTC Adventure Challenge at the Pihilaau Army Recreation Center and Albert Silva Ranch in Waianae.





Briefs

Today

**Networking and Interview Skills** — SB ACS teaches strategies to find a dream job, 9-10:30 a.m., Bldg. 2091. Learn to network in person and through social media, and how to present yourself for an interview. Call 655-4227.

**Hawaiian Luau Lunch Buffet** — Enjoy delicious local style food every last Friday of the month from 11 a.m.-1 p.m. Cost is \$14.95/per person. Call SB Kolekole Bar & Grill at 655-4466 or FS Hale Ikena at 438-1974 for reservations or more information.

**Softball Signup Deadline** — The USAG-HI Sports, Fitness and Aquatics office is accepting completed applications for eligible units for men and women’s softball league play no later than 4 p.m., April 24. Softball season runs from May 11-Aug. 28 at FS and SB. Visit [www.himwr.com](http://www.himwr.com); call 438-9572 (FS) or 655-0856 (SB). Completed applications can also be faxed to 655-8012.

26 / Sunday

**Hale Ikena Sunday Brunch** — Every Sunday, 10 a.m.-1 p.m., FS Hale Ikena dining room. Reservations recommended; \$24.95 adults and varied children’s prices. Call 438-1974.

27 / Monday

**First-Termers Financial Training** — This ACS Financial Resilience Center workshop focuses on basic financial skills to help develop self-reliance and personal responsibility designed to help understand personal finances while learning tools for financial success.

This is a mandatory program of instruction for first-term Soldiers, offered every Monday (except federal holidays), 8:30 a.m.-4:30 p.m., at SB Bldg. 647. Soldiers must bring an end of month LES.

A certificate is awarded to each participant who completes the eight hours of instruction. Call 655-1866.

**Pau Hana Social** — SB Kolekole Bar & Grill offers end of workday food and drink specials, 5-7 p.m., Mondays, Tuesdays, Wednesdays and Fridays; plus 4-6 p.m., Thursdays.

28 / Tuesday

**FS PT in the Gym** — Registration begins at 6:15 a.m. at the FS Physical Fitness Center for the 6:30-7:30 event. Designed for youth and parents, par-

FREE MOVIE SATURDAY



**SCHOFIELD BARRACKS** — Sgt. Smith Theater and AAFES offer a free screening on Saturday, April 24, of the movie “Walking with the Enemy” at 4 p.m. No ticket is needed for the free admission viewing. Seating will be offered on a first-come, first-served basis. The movie, starring Jonas Armstrong and Ben Kingsley, is inspired by the true story of Pinchas Tibor Rosenbaum and is set in Budapest and nearby villages, and depicts the German occupation of Hungary during the final months of the Second World War. The story is about a young man, Elek Cohen (played by Armstrong) who steals an SS uniform to pose as an officer to find out the fate of his family and to rescue fellow Jews from the Holocaust.

ticipants go through different Zumba and fitness stations, and enjoy special appearances by Mickey & Minnie Mouse, Elmo, Elsa, Olaf, Dora the Explorer and many more. Free keiki T-shirts to participants and complimentary breakfast from 7:30-8:30 a.m. Visit [www.himwr.com](http://www.himwr.com).

**Fourth of July Fundraising** — Meeting, 9 a.m., SB Arts & Crafts, Bldg. 572, provides fundraising opportunities for FRGs and units for the Fourth of July event at SB Weyand Field. Call 655-0111.

**Preschool Story Time** — Take your toddlers (ages 3-5) to a free story time at Army Hawaii libraries. There’s a different theme and story each week.

Attend FS library (438-9521), Tuesdays, and SB library (655-4707), Wednesdays, both at 10 a.m.

**Mexican Cuisine Lunch Buffet** — New Tuesday buffet, 11 a.m.-1 p.m., at FS Hale Ikena. Features beef tacos w/fixings, chicken fajitas, Spanish rice, refried beans, buttered corn, soup and salad for \$10.95. Call 438-1974.

**Cooking Club for Teens** — The FS Teen Lounge is looking for teens who enjoy cooking, want to learn new recipes, want to participate in food

tours and shows, and want to earn cooking award points towards reward excursions.

The cooking club meets every Wednesday, 3-4 p.m. Call the teen manager at 438-6470.

**Quilting & Sewing Workshops** — Learn how to make quilts and enjoy quality time with others at the quilting and sewing sessions, Tuesdays, 5-8 p.m., at the SB Arts & Crafts Center. Call 655-4202.

29 / Wednesday

**BOSS** — Single Soldiers and geographic bachelors are highly encouraged to attend Better Opportunities for Single Soldiers meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

•North meetings are held at SB Tropics, at 3 p.m., every 1st and 3rd Wednesday.

•South meetings are held at FS Bowling Center at 10 a.m., every 2nd and 4th Wednesday. Call 655-1130.

30 / Thursday

**Breakfast Specials** — FS Hale Ikena is now serving breakfast, the most important meal of the day. Start your day with a delectable breakfast special at the Hale Ikena. Serving

times are Thursdays-Sundays at 7 a.m. Call 438-1974.

**Tropical Thursdays** — Join the SB Tropics Recreation Center every Thursday for Texas Hold’em. The fun starts at 6 p.m. A free weekly tournament (with no buy in) lets you test your skills against the best of the best Army players around. All ID card-holders 18 and older are welcome. Call 655-5698.

May

2 / Saturday

**Free Comic Book Day** — Stop by SB Sgt. Yano Library, 11 a.m.-3 p.m., and pick up a free comic book. One book per person, while supplies last. Call 655-8002.

**Cinco de Mayo Party** — SB Kolekole Bar & Grill hosts an evening of music and light appetizers with sampling of beverages. Cost is \$12 at the door. Call for reservations at 655-4466 or 655-0660.

Ongoing

**MOMC Bowling Special** — FS Bowling Centers offer free bowling for children (up to two children for each prepaid adult) under 17 during the month of April. Call 438-6733.



Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

Today

**College Baseball** — The University of Hawaii Baseball Rainbows begin a three-game weekend series with UC-Santa Barbara at 6:35 p.m. at Les Murakami Stadium on the UH campus. Ticket prices start at \$4 for students. Call the UH Ticket office at 956-4482.

25 / Saturday

**Kolekole Hiking Trail** — The walking/hiking trail is open this weekend, April 25-26, 5:30 a.m.-6:30 p.m., to DOD ID cardholders and their guests.

**National Park Career Day** — Visit the Pearl Harbor Visitors Center, 9 a.m.-1 p.m., to meet Rangers from Business Services and Administration, Law Enforcement, Maintenance, Education and Interpretation, Dive Team and Cultural Resources, as part of National Park Week. Visit the park’s event calendar page at [www.nps.gov/valr/plany](http://www.nps.gov/valr/plany)

[ourvisit/calendar.htm](http://ourvisit/calendar.htm)

**Kuhio Beach Hula Show** — Free show, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Call 843-8002. Seating on the grass, beach chairs, mats and cameras are welcome.

**College Volleyball** — At the top of the national rankings for much of the season, the Rainbow Warriors host Long Beach State in the first round of the Mountain Pacific Sports Federation playoffs, 7:30 p.m., at the Stan Sheriff Center. Ticket prices start at \$5 for students. Call the UH Ticket office at 956-4482.

27 / Monday

**Blood Drive** — The Armed Services Blood Program supports ill or injured service members, veterans and their families worldwide. All blood types are welcome, although types AB and O are in the most demand. Upcoming blood drives:

- April 27, 9 a.m.-1 p.m., MCBH 3rd Radio (Bldg. 1044).
- April 28, 9 a.m.-1 p.m., MCBH 3rd Radio (Bldg. 1044).
- May 1, 9 a.m.-1 p.m., Pearl Har-

bor Shipyard (Bldg. 2).

- May 4, 9 a.m.-1 p.m., Tripler Army Medical Center Oceanside.
- May 6, 11a.m.-3 p.m., Schofield Exchange Entrance.

28 / Tuesday

**Shafter Housing Services** — New Soldier and family in-processing briefings begin 9 a.m., Tuesdays and Thursdays, through April 30. The Housing Services Office is at 111 7th St., Bldg. 1004, FS. Limit of 15 Soldiers per briefing. Contact Pam Hirota at 438-1518.

29 / Wednesday

**SHARP Info Fair** — The 8th Theater Sustainment Command will hold a SHARP Information Fair from 9 a.m.-3 p.m. at the SB Nehelani. The goal is to provide outreach, pamphlets, etc.

**Family Night** — SB weekly family gathering begins at 5:30 p.m. and is located at the Main Post Chapel. Sessions follow from 6:10-7:30 p.m. Child care is provided. Some of the classes offered include Financial Peace University, Healthy Living, 7 Habits of Highly Effective Army Families. Contact at SB is Deborah McSwain at 655-9198. At AMR Chapel, call 839-4319.



May

1 / Friday

**Lei Day Celebration** — City and County of Honolulu hosts the 87th edition of this 9 a.m.-5:30 p.m. celebration of history and culture at Kapiolani Park Bandstand. Free event features a village of Hawaiian artisans, a lei contest exhibit and food vendor throughout the park.

2 / Saturday

**Hawaii Book & Music Festival** — Free two-day event begins Saturday, May 2, 10 a.m.-5 p.m., on the Fasi Civic Center Grounds next to Honolulu Hale. Features 150 events and 600 presenters, book swaps, author signings, food and entertainment. Visit [www.hawaii.bookandmusicfestival.org](http://www.hawaii.bookandmusicfestival.org).

Ongoing

**JROTC Medal Presenters** — Seeking active/Reserve officers from all of the uniformed services to serve as volunteer medal presenters for the 2015 Hawaii JROTC awards ceremonies, through May 20. Ceremonies are usually held on high school grounds or community centers in the evening hours. Contact retired Col. Arthur Tulak at [Hawaii@mof.wus.org](mailto:Hawaii@mof.wus.org) or call 477-8195 during duty hours.



Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR  
•Saturday, 5 p.m. at TAMC, WAAF  
•Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC Annex  
- 11 a.m. at TAMC  
•Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

•Sunday, noon. at MPC  
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex  
•Friday, 2:30 p.m., TAMC  
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at Wheeler Annex

Protestant Worship

•Sunday Services  
- 9 a.m. at MPC  
- 9 a.m., at FD, TAMC chapel  
- 10 a.m. at HMR  
- 10:30 a.m. at AMR  
- 11:30 a.m. at WAAF (Spanish language)  
- 11 a.m. at SC (Contemporary)  
**Liturgical (Lutheran/Anglican)**  
•Sunday, 10 a.m. at WAAF



Call 624-2585 for movie listings or go to [aa fes.com](http://aa fes.com) under realtime movie listing.



Unfinished Business

(R)

Fri., April 24, 7 p.m.

Walking with the Enemy

FREE ADMISSION  
Tickets not needed. Seating is first-come, first-served. (PG-13)

Sat., April 25, 4 p.m.



Cinderella

(PG)

Sun., April 26, 2 p.m.

The Second Best Exotic Marigold Hotel

(PG)

Thurs., April 30, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield



# AER campaign goal passes halfway mark

**GWEN GALLOWAY**  
Army Emergency Relief Officer

SCHOFIELD BARRACKS — Army Emergency Relief, or AER, is currently conducting its annual fundraising campaign through May 15. This year our goal is \$285,000. To date, our community has raised just over 55 percent of the goal with just a small percentage of organizations and retirees donating.

**Providing support**  
We need your support of this valuable program for our Soldiers and family members. In 2014, the Schofield Barracks AER Office assisted more than 1,400 Soldiers and family members by disbursing to them over \$2.1 million dollars in loans and grants covering categories such as emergency travel, initial rent/deposit and privately owned vehicle, or POV repair, just to name a few. Anyone may donate to the campaign, and no amount is too small, and certainly no amount is too large. AER is available to all Army Soldiers and their family members, to include officers and warrant officers, to assist with financial emergencies as no-interest loans and grants. In addition, for every dollar donated, only 12 cents goes to AER administrative and fundraising expenses. For this reason, Charity Navigator has rated AER four stars out of four for transparency and accountability.



**Contact AER**  
Help us continue to “Help Soldiers, Help Soldiers” by donating to AER. Contact your AER Office for more information at 655-7132, or your unit/organization AER campaign “Key Person.” In addition, you can make a donation at [www.aerhq.org](http://www.aerhq.org).

# No day like tomorrow for procrastinators

My column was sent late this week. A spaceship was n’t hovering ominously over Rhode Island, and our base house didn’t burn down. My computer didn’t seize up with “the blue screen of death” – although that did happen back in ‘07 just after my husband had deployed to Djibouti. None of our kids came down with double pneumonia, and miraculously, I wasn’t arrested for fraud after filing our tax returns. Nope, I don’t have one decent excuse for my column being late. Truth be told, I had procrastinated. Normally, I submit my column to newspaper editors on Fridays for publication the following week, so that I can spend the weekend watching the kids’ sports, barbecuing with the neighbors and walking the dog along the water. Last week, Monday, I knew it would be smart to write 200 words on Monday, Tuesday and Wednesday; to leave Thursday for rewrites and editing; and to polish and submit on Friday. But that makes way too much sense. Friday is eons away, I thought to myself. Today, I’ll get laundry done, mop the floors and wash the minivan. Getting housework done will free me up to write more tomorrow. But between the puppy being afraid of the vacuum cleaner, the hourlong call from my mother, the search for missing socks under the kids’ beds, and that riveting episode of “Cops” I had to watch until the end, I barely managed to defrost the pork chops. On Tuesday, I had awakened with a purpose. I’m going to make some headway on that column ... as soon as I think of an idea, I thought. What will I write about this week? My notebook in hand, I sat in a sunny spot in the backyard to let the dog sniff



**THE MEAT & POTATOES OF LIFE**

**LISA SMITH MOLINARI**  
Contributing Writer

around while I searched for inspiration. Hmmm ... the beds could really use a bit of weeding. Three hours later, there were piles of garden debris out by the curb, my fingernails were packed with dirt and I was on my way to Home Depot for



Photo illustration

**The author knows that for procrastinators, like herself, there is always something that can get in the way of writing the story.**

grass seed, tomato cages and annuals. On Wednesday, I had determined that, if I spent the day in front of my computer, I could turn out 600 words and still have Thursday for editing. All I needed was a subject. I trolled the Internet looking for topics, current events, some nugget of news that might feed an idea. Let’s check Facebook to see what’s

trending, I thought. Big mistake. An hour later, I had scrolled all the way down to 2012, got sucked into a comment debate over proposed BAH (basic allowance for housing) cuts and watched a string of YouTube videos of dogs with human voiceovers. I figured I’d switch out the laundry and try again after lunch, but the afternoon brought a case of the sleepies. I convinced myself that a 20-minute catnap on the couch would do wonders, but you can probably guess how the day went from there. Thursday, I awakened stressed, which should have provided adequate motivation to meet my 24-hour deadline. But by dinnertime, I had done everything but my column. I had organized the junk drawer, swept out the basement, clipped my toenails, put our “National Geographic” magazines in chronological order and dug the fuzz out of the keyboard with a toothpick. I had planned to let my editors know on Monday, I just couldn’t do this anymore.

Friday and Saturday passed in hopeless defeat, but on Sunday, I noticed that the sky did not fall. The Earth did not implode. I was still breathing. My editors probably hadn’t even noticed that my column was late. I realized that my fear of failure had caused me to create conditions where success was impossible. With the dangerous awareness that I could play this cat and mouse game with myself every week, if I so dared, I finally sat down and tapped out this column about procrastination.

I hit send and promised myself I will put an end to this self-destructive habit, and I’ll do it first thing – tomorrow. (A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)



# Corps and JROTC partner for Waikiki Beach cleanup

**JOSEPH BONFIGLIO**  
U.S. Army Corps of Engineers  
Honolulu District Public Affairs

WAIKIKI — More than 40 volunteers from the U.S. Army Corps of Engineers partnered with local JROTC students and others to clean up Waikiki Beach, April 11, as part of Earth Month 2015.

Over 20 volunteers from the Punahou Junior ROTC program (which includes cadets from other area high schools and some home-schooled students) joined over 20 Corps employees and their friends and families to clean up the beach and berm area at the Corps' Pacific Regional Visitor Center (RVC) at Fort DeRussy, here.

Earth Month and Earth Day increase awareness and support for ongoing education and efforts to build partnerships and grassroots in-



volvement to keep the 'aina clean year-round.

The District was honored to have Brig. Gen. Jeffrey Milhorn, Pacific Ocean Division commander, and Debbie Milhorn, his spouse, join the efforts.

Milhorn thanked and presented commander's coins to Corps Park Ranger Angela Jones for her outstanding efforts to organize this annual event, and to retired Lt. Col. Robert Takao, commander of the Punahou Junior ROTC program, for his long-term support.

Also leading the Corps' efforts to protect the environment were Lt. Col. Chris Crary, Honolulu District commander, and Maria Crary, his spouse.

Earth Day was established March 21, 1970, as an annual event to deepen reverence and care for life on the planet.



**Brig. Gen. Jeffrey Milhorn (center), Pacific Ocean Division commander, commends then poses with Lt. Col. Bob Takao (left), commander of Punahou's JROTC program, and Angela Jones, Corps Park Ranger, for organizing and supporting the Earth Month cleanup. The Corps of Engineers partnered with Punahou's JROTC to clean up the Corps' Pacific Regional Visitor Center.**



Photos courtesy of U.S. Army Corps of Engineers-Honolulu District Public Affairs

**Over 20 volunteers from Punahou's JROTC program help to clean up the beach and berm area at the Corps' Pacific Regional Visitor Center in Waikiki for Earth Month.**



**Volunteers from Punahou's JROTC program team up with members of the U.S. Army Corps of Engineers to clean up Waikiki Beach for Earth Month.**

**About Regional Visitor Center**

The Corps' RVC first opened its doors at Battery Randolph, at Fort DeRussy in Waikiki, in 1983. Its goal is to enhance the public's understanding of the multidimensional role of the U.S. Army and the U.S. Army Corps of Engineers.

Particular emphasis is on Civil Works and water resources development, which affect the lives of all the residents of Hawaii and the people of the Pacific.

The RVC is located on the second floor of historic Battery Randolph, which is listed on the National Register of Historic Sites and is one of 16 coastal fortifications built by the Corps between 1906 and 1917 for the protection of Honolulu and Pearl harbors.

For more information about the U.S. Army Corps of Engineers, call 438-2815 or visit [www.poh.usace.army.mil](http://www.poh.usace.army.mil).







Military children like Frank Leos, 8, son of Sgt. Michael Leos and Megan Leos, are recognized during April’s Month of the Military Child at the clinic.

# Health clinic flashes MOMC ‘Purple Up’

Story and photo by  
**1ST LT. JESSICA A. COLOCHO**  
U.S. Army Health Clinic-Schofield Barracks

SCHOFIELD BARRACKS — How would you feel if you had to say goodbye to your friends every few years?

How would it feel to move to a new city, with a new school and have to make new friends? Or how would it feel to have your mother or father miss important events like your birthdays, holidays, dance recitals and football games?

Military children face many unique challenges and to recognize this, the military recognizes April as the Month of the Military Child, or MOMC.

Deployments and family separations are stressful events that commonly occur in the life of military children. There are many unseen and unspoken stressors that military children deal with. For some, it’s wondering if their mother or father is going to come home alive; for others, it might be wondering if they get to see their mother or father before bedtime.

In a press conference, President Obama stated, “Our nation owes each day of security

and freedom that we enjoy to the members of our armed forces and their families. Behind our brave service men and women, there are family members and loved ones who share in their sacrifice and provide unending support.”

To many military children, the heroic acts of their mothers or fathers are not in vain because their actions keep other families safe.

In 1986, Secretary of Defense Caspar Weinberger declared April as MOMC. Since its inception, many organizations have recognized this month in many creative ways to recognize and give thanks to the children of our military service members.

April 15th is known as the day to “Purple Up! For Military Kids.” On this day, people were encouraged to wear purple to show support and solidarity with our military youth.

Purple is the color that symbolizes all branches of the military, as it is the combination of the Army green, Coast Guard blue, Air Force blue, Marine red and Navy blue.

**Clinic ‘Purple Up!’**  
Many staff members at the Schofield Bar-

racks Health Clinic showed support by civilians wearing purple attire, and military Soldiers showed support by wearing a purple ribbon. Staff and Soldiers encouraged patients to “Purple Up” to show support and appreciation to all the military children that visit the health clinic to stay healthy and strong.

In support of the MOMC, the Children and Family Behavioral Health Services (CAFBHS) clinic, located in Bldg. 688, will be raffling three gifts baskets to their patients as a small token of appreciation. If you are currently a parent who has a child receiving services at this clinic, make sure you sign your children up for the drawing. The winner will be chosen at the end of April.

There are over 2 million U.S. military children living all over the world. They are part of thousands of communities, schools, organizations and more.

No one asked these children if they wanted to join the military and serve their country; yet, they serve every day by playing a vital role in supporting our military Soldiers. Take the time to thank these every day precious heroes.

# Hale Kula Elementary keiki, faculty show their true color

**JAN IWASE**  
Hale Kula Elementary School

SCHOFIELD BARRACKS — April is the Month of the Military Child, and Wednesday, April 15 was designated as Purple Up! Day.

Throughout the nation, purple was the color of the day to show support for the strength, resilience and bravery of our military children.

At Hale Kula Elementary School, 99 percent of the students are military dependents, and staff and students celebrated by wearing purple and reflecting on what it means to be a military child.

Hale Kula staff and students were decked out in all shades of purple. Ribbons were placed on the fence in the front of the school, and pinwheels and ribbons festively decorated the entryway to the administration building.

**Army upbringing**

Moving to Hawaii can be exciting, but the stress of being far away from family support systems or having to be the new kid in the class, again, can be difficult for children.

Students were asked to reflect on what it means to be a military child. Some wrote essays or poems, and others created PowerPoint



Yuri Goto, Hale Kula Elementary School

**Students from Yuri Goto’s kindergarten class at Hale Kula Elementary School celebrate Month of the Military Child by wearing purple on April 15. With them are their Soldier parents.**

or class presentations. Some were joyful, and others were poignant, but all were written from the heart.

First grader Kate shared that she likes being

a military child because “we get gifts from different places.”

First grader Adalynn wrote, “Being a military child is amazing because we can go to the

commissary.”

Second grader Caden reflected, “I like to be a military kid because I have an opportunity that very few people have.”

“Being a military kid is hard,” wrote third grader Jazmin in a poem that she shared. “My dad missed two of my birthdays. I never get to see my grandma. The happy part is when I make new friends; see some of my cousins. Sometimes I love being a military kid; sometimes I don’t.”

Hale Kula Elementary is proud to honor our military students for strength, resilience and bravery, not just on Purple Up! Day but throughout the year!

**Online Photos**

To check out how Hale Kula Elementary celebrated Purple Up! Day, go to the link at <http://goo.gl/dPcxHx>.

There is also a link to a Google Presentation by Miss Goto’s kindergarten class, on what they like about being a military child, at <http://bit.ly/1PQfn7W>.



# Service members urged to make sleep a priority

**ARMY NEWS SERVICE**  
News Release

ARLINGTON, Virginia — Sleep is as important as food and water; yet, many military service members wrestle with insomnia or wake too early.

The result can be serious health problems or reduced readiness.

The good news is, even with the demands of military service, many sleep problems may be avoided or resolved, said Tony Satterfield, U.S. Public Health Service commander, and a psychologist with the Defense Health Agency, or DHA.



**Sleep is as important as food and water; yet, many military service members wrestle with insomnia or wake too early. The result can be serious health problems and reduced readiness.**

**Sleep tips**

There are several measures service members can follow to prevent piling up sleep deficit hours, said Satterfield, DHA’s Deployment Psychological Health program manager. They may take some convincing for the troops, though.

“Some service members may feel they don’t need much sleep to function effectively. They often view sleep as an unproductive use of time; it’s undervalued,” he said.

The amount of sleep required varies with individuals. Most people need seven to nine hours of sleep; some do fine with six hours per night, but the number should not dip below six hours, said Satterfield.

**First, relax**

Service members can get “wound up” from periods of stress and boredom throughout the day. Satterfield’s first piece of advice to warfighters is to unwind by practicing relaxation techniques, such as controlled breathing.

“It can be difficult to shut down the brain, especially if you have the habit of worrying, but shifting your focus to thoughts that are relaxing or neutral can help,” he said. “Listen to calming music or sounds.”

**Other simple tips**

Military life can be unpredictable, but when possible, keep a similar bedtime and wake time each day of the week to help maintain a consistent pattern of sleep.

Here are some other tips:

- While some people may find a brief rest or “power nap” helpful, napping can also disrupt normal sleep patterns and actually make it more difficult to fall asleep at night. If you do take a nap, keep it brief (less than an hour) and well before your regular bedtime.
- Avoid stimulants (caffeine, nicotine and alcohol), large meals and exercise within a few hours of bedtime.

- Find a quiet, comfortable place to sleep free of distractions, such as TVs and video games.
- Use earplugs and a sleep mask to block out distractions. These aids may take a period of time to get used to, but give them a try.
- Eat healthy foods and exercise, which can help regulate your sleep.

If these suggestions don’t solve a sleep problem, service members should consult their primary care doctor. A more serious sleep disorder, such as sleep apnea or a contributing health condition, may be present. In any case, a good night’s sleep is critical to a service member’s health and to mission success.

*(Note: Story is courtesy of the Military Health System Communications Office.)*

**Online**

For tips on maintaining your overall health, check Operation Live Well at [www.health.mil/Military-Health-Topics/Operation-Live-Well](http://www.health.mil/Military-Health-Topics/Operation-Live-Well).

For video tips on getting a better night’s sleep, see [afterdeployment.org](http://afterdeployment.org).

# How to protect babies’ brains

Awareness is growing for safe handling of infants

**TRICARE**  
News Release

Parents are the first line of defense in preventing brain injury in their children.

Many parents are aware that the use of sports helmets for school-age children and adolescents can prevent concussions and traumatic brain injury (TBI).



File photo

**Learning to find calming alternatives is important to calming an infants crying.**

Parents of infants and toddlers also need to know that they can prevent TBI by practicing, “never shake your baby.”

Unfortunately, some parents and their family members may not be aware that

shaking a baby can cause drowsiness, poor feeding, vomiting, irritability, head swelling and death.

TRICARE wants to remind parents to “never shake your baby” and encourage them to find calming alternatives that can help them during an infant’s first month of life and when crying peaks.

**Education**

The American Academy of Pediatricians encourages health care workers to educate parents on the safe handling and care of children in order to give them a great start in its pamphlet “Bright Futures.”

Primary Care Clinics and the New Parent Support Program (NPSP) partner with parents, on and off installations, to use safe infant care techniques.

The NPSP is a voluntary program for parents and children from birth to 3 years old. Parents can refer themselves by calling the NPSP in their military treatment facility. Also, military or civilian agencies and TRICARE providers may facilitate a self-referral to NPSP at the parent’s request.

Military parents can protect their children from health injuries early on by practicing “never shake a baby” and by partnering with their primary care manager and the NPSP.

**Online**

For more information on caring for your child, visit these sites:

- Centers for Disease Control and Prevention at [www.cdc.gov/family/parentabc/](http://www.cdc.gov/family/parentabc/) and
- Children’s health care coverage at [www.tricare.mil/CoveredServices/IsItCovered/WellChildCare.aspx](http://www.tricare.mil/CoveredServices/IsItCovered/WellChildCare.aspx).